

B	I	N	G	O
walking away	cleaning	laughing	square breathing techniques	playing a sport
glass of water	telling someone how you feel	praying	crafts	screaming in a pillow
taking a shower	write a note to someone	FREE	exercising	nature walks
pamper yourself	swimming	play with a pet	meditate	playing video games
making music	gardenin g	running	yoga	journalizing

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write a note to someone	crafts	square breathing techniques	glass of water	praying
laughing	yoga	playing a sport	gardenin g	screaming in a pillow
pamper yourself	exercising	FREE	nature walks	cleaning
meditate	running	walking away	journalizing	swimming
play with a pet	playing video games	taking a shower	telling someone how you feel	making music

B	I	N	G	O
gardenin g	running	crafts	playing video games	exercising
walking away	pamper yourself	play with a pet	telling someone how you feel	playing a sport
taking a shower	journalizing	FREE	swimming	meditate
write a note to someone	screaming in a pillow	square breathing techniques	yoga	laughing
nature walks	cleaning	praying	glass of water	making music